

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 2

A newsletter for D.C. Seniors

February 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

We celebrate Valentine's Day in February, and our hearts and minds turn to love.

Why not love yourself as well as others by practicing healthy heart habits? Heart disease is the No. 1 killer of women and men.

Find out more in this issue of Spotlight on Aging.

Also, see photos of your friends and neighbors in action at the Annual Seniors' Holiday Party last December, where more than 2,500 senior citizens received information and engaged in socialization and fitness activities. Dancing, a weight bearing exercise, was a favorite activity.

Are your work skills, experience and talents underutilized? Do you need "walk-around money"? Are you bored? If you answered yes to any one of these questions, you should come to the Jobs for Seniors Fair on Thursday, March 28 at the University of the District of Columbia.

Work can be therapy for you and your heart. See you at the Jobs for Seniors Fair in March — and love yourself and somebody else on Valentine's Day.



SPOTLIGHT ON AGING

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441 4th St., N.W., 9th Floor
Washington, D.C. 20001
202-724-5622
www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**

Darlene Nowlin, **Editor**

Charles Ramsey, **Photography**

Women Need to Take Charge of Their Health to Prevent Heart Disease

You've probably heard a woman say this: "Why should I get my blood pressure checked? I feel fine."

Most women don't know that heart disease is their No. 1 killer.

A recent American Heart Association survey found that fewer than one in 10 women perceive heart disease as their greatest health problem. In fact, 62 percent of women believe cancer is likelier to strike them.

In reality, cardiovascular disease claimed 503,927 women in 1998, while cancer killed 259,467 in the same year.

February is American Heart Month. Take charge of your life and learn what causes heart disease. Many women don't know that heart disease begins early in life and can't be seen or felt. Heart disease is a "now" problem — "later" may be too late.

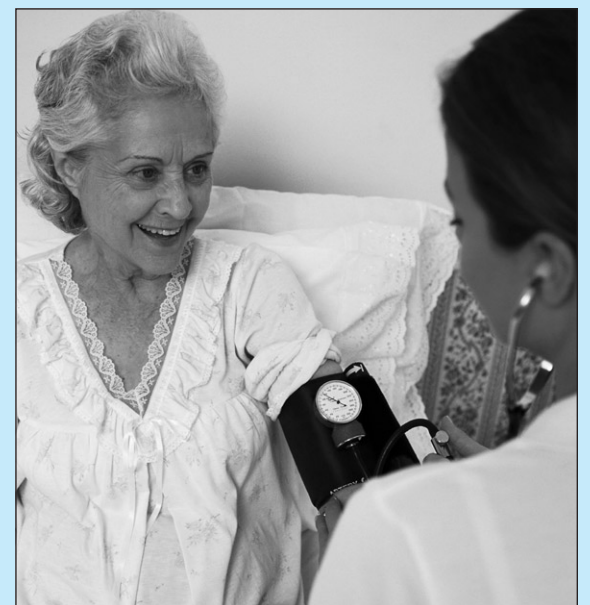
"Women don't believe heart disease can really affect them, and they view it as a disease that happens later in life," says Sherry Dunphy, Ed.D, R.N., president of the association's Mid-Atlantic Affiliate Board of Directors.

Heart disease, however, can happen to anyone, and prevention plays a major role. The American Heart Association encourages Americans of all ages to participate in regular physical activity, stop smoking and eat healthy. "It is important for women to take charge of their health and learn more about what causes heart disease," says Dunphy.

The American Heart Association is also working to increase awareness of the warning signs of a heart attack, which are often different for women than for men.

In addition to the classic heart attack warning signs — chest discomfort accompanied by shortness of breath and pain in one or both arms, the back, neck, jaw or stomach — women may also have these less common warning signs:

- Atypical chest pain, stomach or abdominal pain
- Nausea or dizziness, without chest pain



- Shortness of breath and difficulty breathing, without chest pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness

The association has developed a wallet card that reminds women of their risk factors and provides a chart to track progress in reducing risk factors. Patients and physicians can obtain the wallet card by calling this toll-free number: 1-888-MY-HEART (694-3278).

The American Heart Association spent about \$382 million during fiscal year 2000-2001 on research support, public and professional education, and community programs. Nationwide, the organization has grown to include more than 22.5 million volunteers and supporters who carry out its mission in communities across the country.

The association is the largest nonprofit voluntary health organization fighting heart disease, stroke and other cardiovascular diseases, which annually kill about 950,000 Americans.

For more information about women and heart disease, visit the association's Web site at www.americanheart.org.

—Courtesy of the American Heart Association



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

February events

Early February, Evenings

A support group for adult children caring for older family members will begin in early February and continue for six weeks. The group will focus on caregiver issues unique to adults struggling to provide loving care to older family members and will meet in the evening. The group is limited in size and a fee of \$150 will be charged to cover staff costs; some need-based scholarships are available. The group will meet at IONA, 4125 Albemarle St., N.W. Contact Judith Libert at 202-895-9440 or jlibert@iona.org for information.

Early February, New Group Forming

A new IONA support group for recently-bereaved spouses is being formed for early February. Co-sponsored by the Widowed Persons Service, this group is for people widowed in the past 3 to 18 months and is led by IONA's Director of Social Services Danny Wilson, LICSW. The event is free, but donations are requested. The center is located at 4125 Albemarle St., N.W. 202-895-9436 or dwilson@iona.org.

4th • 1 p.m.

No need to sing the tax-time blues. Senior Citizens Counseling and Delivery Service is hosting a workshop, "Everything You Wanted to Know About Taxes But Never Asked." Get information regarding new tax laws, medical deductions and more. At the center, 2451 Good Hope Rd., S.E. The event is free; for more information, call 202-678-2800.

5th, 7th, 12th, 14th & 15th • 10:30 a.m.

"This Is My Story and These Are My Roots." With a sense of pride and accomplishment, senior participants will tell their own heritage story. This event takes place on several days throughout the month and is different on each day. Come to the Phillip T. Johnson Senior Center, located at 4323 Bowen Road, S.E. to participate. For more information, please call Robinette Livingston at 202-398-5948.

6th • 1 p.m.

Senior Citizens Counseling and Delivery Service is hosting the History of African Americans in the Old West. The center is located at 2451 Good Hope Rd., S.E. This exciting topic will be discussed in a slide presentation by the noted lecturer, writer and historian C.R. Gibbs. Seminar is free and open to the public. For more details, call 202-678-2800.

6th • 5:30 to 7:30 p.m.

"Positive Solutions to Safety Concerns." Learn how to identify safety hazards for seniors, including concerns about driving and what approaches and assistance are most helpful. Call Susan Roach at 202-895-9414 at IONA Senior Services, 4125 Albemarle St., N.W. to register for this free presentation.

8th • 10:30 a.m.

"Laissez les bontemps rouler." Let the good times roll with Project Keen! Come celebrate Marti Gras, New Orleans style, at the Phillip T. Johnson Center, located at 4323 Bowen Rd., S.E. Activities, music and more fun for all. Lunch will be provided. Event is free, but please RSVP to attend by calling Robinette Livingston at 202-398-5948.

9th • 10:30 a.m.

Join other seniors for a pre-Valentine's Day prayer breakfast at the Upper Room Baptist Church/Senior Center at Allen House, 60 Burns St., N.E. Donation for

the breakfast is \$10. Call 202-279-5871 for more information. Event hosted by United Planning Organization.

11th • 10:30 to noon

IONA Senior Services' Stroke Support Group welcomes occupational therapist Jan Kress, who will talk about safety in the home. Stroke survivors and their caregivers are welcome. No fee, but donations encouraged. For more information contact Daria Shumaker or Christine Jackson, 202-895-9455 or e-mail cjackson@iona.org.

13th and 27th • 2 to 3 p.m.

A new support group, "Coping with Cognitive Impairment" meets the 2nd and 4th Wednesdays of every month from 2 to 3 p.m. This group offers individuals with a recent diagnosis of cognitive impairment, such as Alzheimer's, an environment in which to express concerns and receive solace. Registration is required, event is free but donations requested. Call Judith Libert for information at 202-895-9440.

14th • 1 p.m.

Valentines Day talent and fashion show at the Senior Citizens Counseling and Delivery Service, located at 2451 Good Hope Rd., S.E. Don't miss this opportunity to see seniors show off the latest fashions, in addition to showcasing their special talents. If you can sing, dance or have other talents or would like to participate in this event as a model, register by calling 202-678-2800.

20th, 27th and March 6th • 1 p.m.

"The Joy of Living." This is a three-session workshop presented by the Mental Health Association of the District of Columbia at the Senior Citizens Counseling and Delivery Service, located at 2451 Good Hope Rd., S.E. The first session will cover the topic, "The Relationship Between Physical & Mental Health." On February 27 the topic is "Memory Loss and Alzheimer's" and on March 6, it is "Depression & Stress." All workshops are scheduled for 1 p.m. and are free. For more information, call 202-678-2800.

21st, 28th, March 7th and 14th • 10 to 11:30 a.m.

Low Vision Support Group offers those experiencing vision loss an opportunity to get emotional support and practical resource information. Meetings are held at IONA, 4125 Albemarle St., N.W. on Feb. 21, Feb. 28, March 7 and March 14. Call Judith Libert, 202-895-9440 for more information. No registration fee, but donations encouraged.

21st • 1 p.m.

Smart Self Defense for Seniors. Join the Senior Citizens Counseling and Delivery Service, located at 2451 Good Hope Rd., S.E., for this important seminar to learn special techniques on how to protect yourself in the community and in your home. This event is free and open to everyone. For more information, call 202-678-2800.

21st • 1 to 3 p.m.

IONA's Reminiscence Group meets on the first and third Thursday of every month for a presentation and discussion on a variety of topics. Upcoming topics include, "Remembering Grammar School" on February 21 and "High School Days" on March 7. Contact Sean Hall at 202-895-9462 or e-mail shall@iona.org.

Early March event

March 6

"Looking For Help At Home." Learn what to ask when looking for help in caring for a person at

home. What are the different roles of homemakers, home health aides, certified nursing assistants, LPNs and RNs? Call Susan Roach, at 202-895-9414 to register and to obtain information about location and time.

Ongoing

Every day • 10 a.m. to 1 p.m.

Enjoy a good stretch, make a gift, meet new people at the GWUL Senior Center for the Deaf and Hard of Hearing, located at 2900 Newton St., N.E. From 10 to 10:30 a.m., join the exercise program followed by an arts and crafts segment from 11 a.m. to 1 p.m. For more information, contact Tammy Pruitt at 202-529-8701.

Every day • 10 a.m. to 2 p.m.

Join the GWUL Center for the Blind and Visually Impaired for a series of events at 2900 Newton St., N.E. From 10 to 10:30 a.m. are devotional services. From 10:30 a.m. to noon on Mondays the Braille group meets; Tuesdays through Friday learn about personal management at the same time.

Every day • 10:30 to 11 a.m.

Asbury Dwellings helps keep you fit with armchair aerobics. The center is located at 1515 Marion St., N.W. For more information, call 202-745-7434.

Every Monday, Wednesday, and Friday • 11 a.m. to 2 p.m.

Have fun with Asbury Dwellings while playing table games! Afterward enjoy "Table Talk," conversations with people in your community. The center is at 1515 Marion St., N.W. For more information, call 202-745-7434.

Every Monday, Wednesday and Friday • 1 to 4 p.m.

Come relax at the Oasis Senior Center, with a quiet time to meditate followed by a movie. The center is located at 1226 Vermont St., N.W. For more information, contact Le'Annette Obasanjo at 202-265-2017.

Every Tuesday, Thursday, and Friday • 10 a.m. to 4 p.m.

Join the Oasis Senior Center creating wonderful arts and crafts all day long. Follow with a health fitness workout to get the kinks out of those fingers and toes. The center is located at 1226 Vermont St., N.W. For more information, contact Le'Annette Obasanjo at 202-265-2017.

Every Tuesday and Thursday • 11 a.m. to 2 p.m.

So much to do at Asbury Dwellings, located at 1515 Marion St., N.W. From 11 a.m. to noon create wonderful arts and craft projects. Then relax from 1 to 2 p.m. during our Meditation/Yoga session. For more information, call 202-745-7434.

Every Friday • 11 a.m. to noon

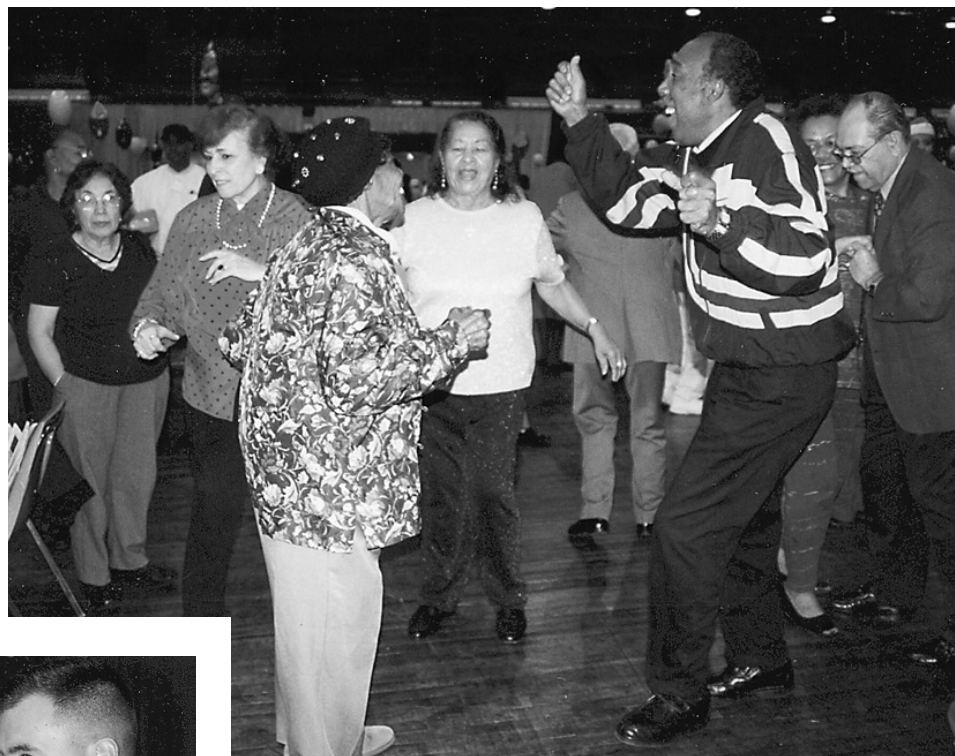
Parkinson's Disease Support Group. This ongoing group meets every Friday from 11 a.m. to noon at IONA, 4125 Albemarle St., N.W., and offers support to seniors with Parkinson's disease. It provides members the opportunity to share the concerns, challenges, changes and losses associated with this chronic illness. Sponsored by IONA and the Parkinson Foundation of the National Capital Area. Pre-enrollment required. Contact Deborah Rubenstein at 202-895-0249 or Drubenst@iona.org.

D.C. OFFICE ON AGING NEWSLETTER

Bright Holiday Party Memories



D.C. Council members Adrian Fenty, David Catania, Sandy Allen and Phil Mendelson joined in the holiday spirit at the celebration last December.



Seniors chose partners and danced to the great music of the Orioles.



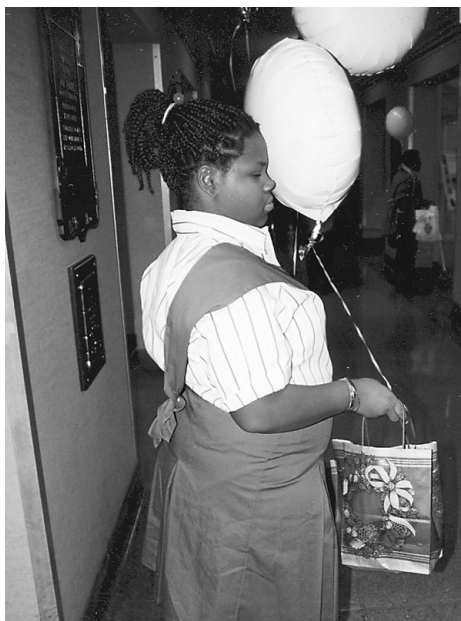
Even Mr. & Mrs. Claus know the importance of dancing as a form of exercise.



Mayor Williams talks to one of the volunteers. The majority of the approximately 500 volunteers were made up of representatives of the Armed Forces.



Seniors share a smile at the party.



Girl Scouts volunteered to serve the seniors at the event.



Congresswoman Eleanor Holmes Norton and Virginia Hayes Williams were also a part of the program.



The Grand Voices of Senior Citizens Counseling and Delivery Service led caroling at the event.

D.C. OFFICE ON AGING NEWSLETTER

Community Rheumatic Health Center Opens

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) at the National Institutes of Health (NIH) recently opened the NIAMS Community Health Center in the Cardozo/Shaw neighborhood in Northwest Washington, D.C.

Located in the heart of a multicultural community, the center's opening is a big step in the Institute's Health Partnership Program, an initiative to reduce health disparities.

The health center's focus is on the treatment of rheumatic diseases such as lupus and osteoarthritis. It offers members of the community access to specialty care and health information that was not readily available before, and will provide learning opportunities in rheumatic diseases for health care professionals.

A patient visit begins with a nurse practitioner who screens for symptoms of rheumatic diseases. If symptoms are found, patients are referred to a rheumatologist for specialized medical attention.

They are offered enrollment in the Institute's Natural History Study of Rheumatic Diseases. In this study, physicians observe the course of disease while treating patients with standard medical procedures and medications. Patients sign a consent form and maintain the option to withdraw from the study at any time.

Patients also have opportunities to participate in other clinical studies run by the NIAMS and other institutes at the NIH. Some of the staff are bilingual in English and Spanish, which helps

ensure that medical services are sensitively provided to patients whose primary language is Spanish.

Since not all medical services are available at the health center's Washington location, radiologists, physical therapists and other medical professionals at NIH have joined the medical team to provide additional help. Patients who need x-rays, magnetic resonance imaging, lab work and physical therapy are referred to NIH's Clinical Center.

To ensure patients a smooth transition to the NIH facility, a liaison/escort who is trained to provide information and companionship accompanies patients to their medical appointments via shuttle bus.

A soothing color scheme and practical, efficient design create a relaxed and open atmosphere at the health center. Within the health center's 600 square feet fit a reception area, nurse's station, consultation room, four exam rooms and seven computer workstations.

Three of the exam rooms have exam tables, dressing closets, sinks, medical supplies and computer workstations. A fourth exam room holds a large comfortable chair that patients

use while receiving intravenous treatments. It also contains a video monitor so patients can view health education programs.

The center is located at 3020 14th Street, N.W. in Washington, D.C., next to the Columbia Heights Green Line Metro station. Hours of operation for patient services are:

Monday 8:30 a.m. to 3 p.m.

Tuesday 8:30 a.m. to 4 p.m.

Wednesday 11:00 a.m. to 5 p.m.

Thursday 8:30 a.m. to 4 p.m.

Call 202-673-0000 for more information.

District of Columbia Jobs for Seniors Fair Thursday, March 28 10:00 a.m. - 3:00 p.m.

at the

University of the District of Columbia
4200 Connecticut Avenue, NW, Building 47,
Gymnasium — A Level

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**To register, or for further
information, call:
202-724-3662 or 202-724-5622**

Government of the District of Columbia
Anthony A. Williams, Mayor

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